

PRINCE GEORGE, B.C. UP CLOSE – THE PUNJABI COMMUNITY



Source: Picture BC



Prince George has a very vibrant and flourishing Punjabi community. It is host to numerous activities like the Vaisakhi Sikh Parade, cultural events and Punjabi classes for kids. The city is affordable, friendly and a very welcoming community for all new immigrants. In hindsight it was the best decision that I ever made to settle here-- and remember this is coming from someone who moved from Delhi, a city of 15 million people.

Arvinder B., originally from India



THE COMMUNITY IN PRINCE RUPERT

As the city of Prince George grows, so does the Punjabi community. Canada's 2011 census showed there were 1,280 residents had Punjabi as their first language. If you are Punjabi, this guide will provide information relevant to you. For more information about the city, see the Prince George community profile.

IMMIGRANT RELATED SERVICES

Prince George is a welcoming and inclusive community. The agencies below can help you as you get settled.

- [Immigrant and Multicultural Services Society of Prince George](#)
- [Skills Connect for Immigrants Program](#)
- [College of New Caledonia](#)
- [Multicultural Heritage Society of Prince George](#) has links to cultural associations for people from many countries.
- The [Welcome B.C. Guide](#) is available in Punjabi

HOUSING

Prince George offers a high standard of living. The cost of owning a home is less than a third of what it is in Vancouver. In 2012, the average home value was \$240,424. Prefer to rent? A three bedroom rental cost \$900 per month in 2012.

Use the B.C. Government's [Cost of Living Calculator](#) to find out more about costs in Prince George.

HEALTH CARE

Prince George has a safe and clean environment. You will have access to the medical centre at the University Hospital of Northern B.C. The city also has family doctors, walk-in clinics and the full range of health care professionals. A [guide](#) is also available to multicultural health services for residents of Prince George.

MEDIA

The Punjabi radio station in Vancouver broadcasts online for talk radio news on the community. You can also catch up on news from Vancouver and India through an online edition of the [Indo-Canadian Voice](#).





Source: BC Stats

CHILD CARE AND EDUCATION

Prince George has many options for childcare including child care centers and home providers.

StrongStart Centres offer free, drop-in early learning programs for young children and their parents.

Prince George has excellent schools. The **Settlement Workers in Schools (SWIS)** is a free program to assist the children of newcomers in the public school system. SWIS provides services in Chinese, English, Hindi, Punjabi and Urdu.

The **Prince George Public Library** has two locations, with free Internet access and other educational materials. For Punjabi speakers, resources include:

- Punjab novels and short stories
- Tapes, CD's, books to assist with learning English
- Resources for citizenship tests and other government programs
- Free interlibrary loans for books in Punjabi

FAITH AND WORSHIP

Prince George is home to a diverse faith community. The City includes two Sikh temples, the Guru Gobind Singh Temple Association and the Guru Nanak Darbar Sikh Temple. The Temples offer Punjabi lessons for youth. Punjabi youth and seniors groups are available, providing an excellent opportunity to stay connected with the community.

MONEY TRANSFER

Prince George has national and international banks which can handle international transfers to send money back home. Local credit unions and Safeway, a grocery chain, provide the service as well.



HOLIDAYS AND SPECIAL EVENTS

Prince George hosts many Sikh and Punjabi cultural events. The Bollywood Dream Dancers perform at the city's Culture Show every year. The Sikh temples organize annual Diwali and Vaisakhi festivals, and **Diwali** celebrations are held throughout the city. The community holds an annual "Taste of India" fundraiser dinner for projects in India, attended by hundreds of people.

GROCERY

In Prince George you will have access to everything you need for that special homemade masala. There are large grocery stores where you can find nearly everything for the kitchen. Or, check out stores like the Dana Mandi which sells traditional spices, produce, and meats.

RESTAURANTS

Hungry for a taste of home? There are great options for Punjabi food in Prince George. They include:

- Spicy Greens
- Curry Kingdom
- Karahi King
- Aruntha's Ceylon Garden
- KKR Indian Bistro and Bar

LEISURE ACTIVITIES

In Prince George, there are all kinds of leisure activities for you and your family. Enjoy the city's many community centres and sports complexes and fields. There is a small cricket club, as well as a very popular Kabaddi club. You can enjoy outdoor activities like golfing, fishing, and hiking in the summer, or skiing, skating, and sledding in the winter.